R E P O R T R E S U M E S

ED 017 820 AC 002 037

THE FAMILIES AND THEIR LEARNING SITUATIONS.

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PUB DATE 67

EDRS PRICE MF-$0.50 HC-$2.92 71P.

DESCRIPTORS- *HOMEMAKING EDUCATION, *URBAN EXTENSION, *DISADVANTAGED GROUPS, *INFORMATION SOURCES, *BEHAVIOR CHANGE, FAMILY (SOCIOLOGICAL UNIT), CONSUMER ECONOMICS, FOODS INSTRUCTION, FAMILY INCOME, PROGRAM EVALUATION, RESEARCH, ADOPTION (IDEAS), KNOWLEDGE LEVEL, MONEY MANAGEMENT, PARENT EDUCATION, EDUCATIONAL INTEREST, BOSTON, MASSACHUSETTS, MASSACHUSETTS EXTENSION SERVICE,

THE PRESENT STUDY, INVOLVING 129 DISADVANTAGED FAMILIES IN THE SOUTH END HOUSING DEVELOPMENT, BOSTON, WAS MADE IN 1964 TO ASSESS THE EXTENT TO WHICH SOUTH END FAMILIES HAD BEEN REACHED BY MASSACHUSETTS EXTENSION SERVICE PROGRAMS SINCE A PREVIOUS (1962) SURVEY OF NEEDS, THE MEANS BY WHICH THEY HAD BEEN REACHED, AND CHANGES IN ATTITUDES AND PRACTICES RELATED TO HOMEMAKING AND FAMILY LIVING. DATA ON AGE, RACE, SEX, INCOME AND FINANCIAL SUPPORT, EDUCATION, OCCUPATION, EMPLOYMENT STATUS, FAMILY AND MARITAL STATUS, AND LENGTH OF RESIDENCE WERE CORRELATED WITH RESPONSES ON INFORMATION SOURCES, AWARENESS, BEHAVIOR CHANGE, AND EDUCATIONAL INTEREST. AMONG ALL INFORMATION SOURCES (INCLUDING MEETINGS, RADIO AND TELEVISION, AND HOME VISITS BY THE HOME ECONOMIST AND OTHERS), COMMUNITY SERVICE CENTER LEAFLETS WERE MENTIONED MOST OFTEN. AWARENESS AND EVIDENCE OF IMPROVED KNOWLEDGE, PRACTICE, AND ATTITUDES IN SUCH AREAS AS NUTRITION AND FOOD BUYING, INSTALLMENT BUYING, HOUSEHOLD SKILLS AND HOUSEKEEPING, AND MAKING AND ALTERING CLOTHING, AND CHILD GUIDANCE AND DEVELOPMENT WERE HIGHEST AMONG HOMEMAKERS UNDER 40, THOSE WITH INCOMES OF $2,000 OR MORE, AND HOUSEHOLDS OF THREE OR MORE PERSONS. (THE DOCUMENT INCLUDES ONE CHART, 31 TABLES, AND TWO REFERENCES.) (LY)

THE FAMILIES AND THEIR LEARNING SITUATIONS

ED017820

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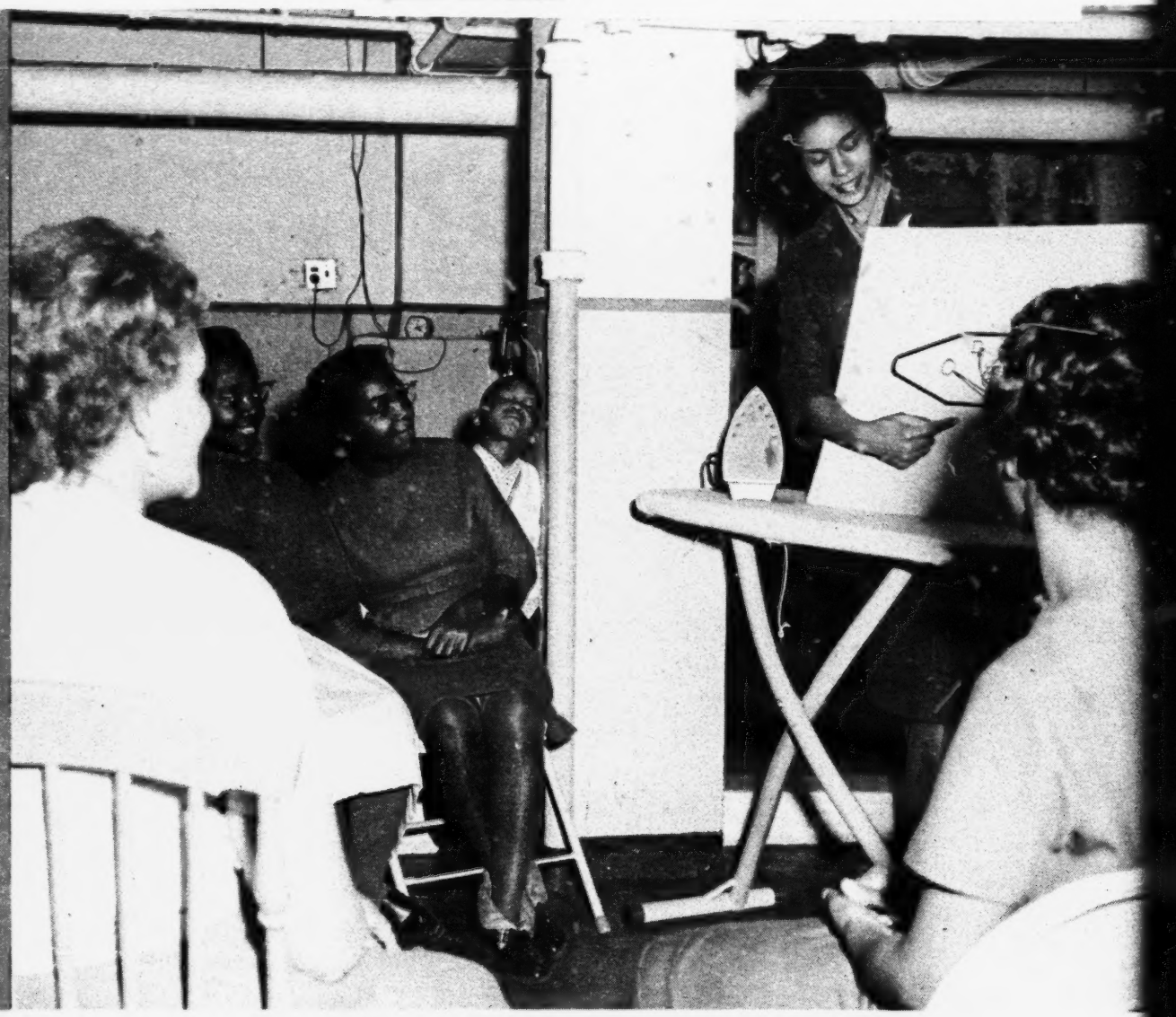
South End
Housing Development

Boston, Massachusetts
1965

(A follow-up study to "The Families and Their Living Situations" 1963)



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AE002 037

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ACKNOWLEDGEMENTS

Acknowledgement is made to the following persons whose cooperative and untiring efforts made this study possible:

University of Massachusetts and County Extension Staff:

Director J. Richard Beattie, Cooperative Extension Service
Mrs. Muriel W. Bolas, Agent, Barnstable County
Miss Phyllis Brightman, Agent, Plymouth County
Mrs. Irene D. Hermanson, Agent, Middlesex County
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Mrs. Eva Dugger, Home Economist (Co-author)
Miss Alison Marks, Housing Social Service Worker
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Mrs. Lois Lowe, Secretary

Mrs. Grace E. Larson, Division of Research and Training, Federal Extension Service, U.S.D.S., Washington, D.C., for assistance with field work, clerical and statistical services.

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SUMMARY

The population studied were the families residing in randomly selected dwelling units in the South End Housing Development, Boston, Massachusetts. The study was made during the week of February 10-14, 1964. The sample design was the same as that which was used in a benchmark survey of Development families in 1962.[1] The sample for the present study provided 129 family schedules out of a possible 507. Data were collected by personal interviews conducted by members of the state and county staffs of the Extension Division of Home Economics of the University of Massachusetts, and with the cooperation of the Research and Training Division of the Federal Extension Service.

The Families and Their Living Situations

A total of 486 persons resided in the 129 households surveyed. The average number of persons per household was 3.7. Numbers per household ranged from 1 to 11. One and two person households accounted for 43 percent of the total sample. There was no statistically significant difference in the number of persons per household, number of households with male heads, or in the balance between the races in the two studies.

Approximately 60 percent of the homemakers interviewed were Negro and approximately 40 percent were white. Forty-seven percent of the families had husbands and wives living in the household. Thirty percent of the homemakers were widowed, 16 percent were separated from husbands, 5 percent were divorced, and 2 percent were single.

Sixty-five percent of the homemakers were under 60 years old; 57 percent were under 50 years old. The increase in the number of homemakers 70 years old and older was statistically significant at the 1 percent level.

The median number of school years completed by homemakers was about 9.1 years. One-third of the homemakers had not attended high school; about one-

1. See footnote Page 1.

half had completed one to four years of high school (grades 9-12); and nine percent had completed one or more years of school beyond grade 12.

In general, younger homemakers had more formal schooling and larger families. Ninety-two percent of the homemakers under 30 years of age had completed 9 or more grades of school, as compared with 77 percent of all homemakers under age 60 and 31 percent of homemakers 60 years and older. In families of three or more persons, 58 percent of the homemakers had completed 11 or more grades of school, as compared with 13 percent of the homemakers in one and two person families.

There was no statistically significant difference between the two studies in the number of households with children. Sixty percent of the families in the present study had from one to nine children living at home. Thirty-six percent of the families had children in the age range under age five; 36 percent had children aged five to nine years; 33 percent had children aged 10 to 14 years; 19 percent had children aged 15 to 19 years; and five percent had children aged 20 and 21 years.

As in the previous study, employment was the major source of income for slightly less than one-half of the families. Forty-six male heads of households and 11 women plus seven other members in the 129 households were employed. Eighty-four percent of the employed were operatives and kindred workers, laborers, and service workers.

There was no statistically significant difference between the two studies in the number of households at various income levels. Younger homemakers, those with larger families, those with more education, and those with husbands living at home tended to have larger family incomes than other homemakers.

Thirty-nine percent of the families had resided in the Development fewer than five years; 61 percent had lived there five years or longer; and 21 percent had been residents longer than 10 years.

Awareness, Education and Change

Awareness of the nature of the Community Services Center program had increased greatly over the previous study. Seventy-one percent of the homemakers interviewed in the present study knew the Center staff. Sixty percent had met the Extension Home Economist, and 73 percent of the homemakers younger than 60 years old had met her.

Fifty-three percent of the homemakers said they were familiar with the Center program, and 53 percent gave clear and concise responses concerning the work being done. Some individuals gave as many as four responses. Of a total of 136 responses, 89 referred to the home economics program. This evidence of homemakers' knowledge of the work being carried on indicates that the addition of an Extension Home Economist to the Center staff is highly significant.

Homemakers Who Were Reached With the Extension Program

Awareness of the Extension program and evidence of changes in knowledge, practices and attitudes related to homemaking was highest among homemakers under 40 years of age, those with incomes of $2,000 or more, and those whose households numbered three or more persons.

How Extension Information Was Received

Extension information had been received by homemakers at meetings; through home visits by the Home Economist, neighbors, and friends; through television and radio; and through printed materials distributed by the Community Services Center, the Home Economist and specialists. More homemakers reported receiving program information from under-the-door flyers than from any other single source. Eighty-four percent of the homemakers interviewed said they had received flyers; 77 percent said they had read one or more of the flyers; and 64 percent said they had read most of the flyers. Few women 60 years old and older had received information at meetings, and women in this age group were

less likely than younger women to have received information about any phase of the Extension program from any source. However, 55 percent of the women in this age group said they had read most of the flyers they had received.

Food and Nutrition

In 1962:

Homemakers gave nutrition needs and health as the most important consideration when purchasing food for the family.

But

Only 25% had heard of the nutrition bulletin describing the four basic food groups.

Less than 5% could name as many as two of the four food groups.

On the day preceding the 1962 survey:

- no dairy products were served in 25% of the homes.
- no dark green leafy or yellow vegetables were served in 83% of the homes.
- no citrus fruits were served in 67% of the homes.

In 1964:

57% had heard of the nutrition bulletin describing the four basic food groups and among homemakers under 30 years old, the proportion was 68%.

36% had a copy of this bulletin.

When asked to name the four basic food groups:

- 26% named dairy products.
- 26% named meats, fish and poultry.
- 35% named fruits and vegetables.
- 12% named breads and cereals.

When shown posters depicting the four basic food groups and asked to state what these foods do for health, correct statements were made about the contribution of

- dairy products by 38%.
- meat, fish and poultry by 26%.
- fruits and vegetables by 30%.
- breads and cereals by 11%.

When the interviewer described what certain foods do for health, and asked what it is in these foods that do this:

- 51% knew the nutrients in milk.
- 40% knew the nutrients in dark green leafy and yellow vegetables.
- 37% knew the nutrients in oranges, tomatoes and cabbage.

In 1962:

Cost was mentioned as the second most important consideration in food purchasing.

But

Food purchases and menus were largely unplanned.

In 1964:

65% had heard about "best food buys" (weekly Extension information about plentiful foods and how to use them).

- and 34% named specific things they had learned and used about how to buy food more economically.

48% had received the Extension leaflet "Well Planned Meals"

- and 35% said they had read it.
- and 26% said they had seen the posters on "Well Planned Meals" (for homemakers under age 30 the proportion was 48%).
- and 30% said they had received actual help with meal planning.

More meal planning is being done

- one-third now plan meals several days or a week ahead.
- one-third now plan meals a day ahead.
- one-third still plan meals just before the meal is prepared.

61% had received the Extension bulletin Family Fare (food management and recipes),

- and 33% said they had used it,
- 18% said they had read some or all of it,
- and 12% said they had used the recipes.

In 1962:

98% of the families purchased some fluid milk for home use.

But

Only 33% purchased any evaporated milk.

Only 9% purchased any powdered milk.

In 1964:

Fluid milk consumption remained about the same.

While

52% are now purchasing evaporated milk.

19% are now purchasing powdered milk.

Homemakers were aware of Extension as a source of information about nutrition, food buying, and meal planning and preparation.

- 46% said they had been visited by someone who invited them to attend a meeting on preparing food for the family.

- 31% had actually heard a talk on food by the Home Economist, specialist, or volunteer leader.

Knowledge of nutrition facts and principles, awareness of sources of information, and changes in practices were closely associated with the youth, education, and income of the homemaker. Younger homemakers, those with more schooling, and those with more money to spend were much more likely to have heard about nutrition and food information and programs, and to have attended meetings on these subjects.

However, the findings of the study regarding expenditures for food suggest the need for further investigation of food buying and dietary habits of South End families.

Family Economics

In 1962:

It was found that as family size and income class increased the percent of families buying on the installment plan increased, and that approximately 3/4 of all families had used installment credit within the past two or three years. It was also determined that credit is most used by young families and that the types of credit used by South End families tend to be the most expensive kinds available.

In 1964:

83% said they had seen the under-the-door flyers on "Buying on Time," (a series of simply written teaching leaflets prepared by the specialist and distributed by the Home Economist).

32% said they had learned something useful about "Buying on Time" from these leaflets. Among homemakers under age 30, the proportion was 59%.

Home Management

In 1962:

There was much evidence of poor housekeeping and limited management ability.

In 1964:

19% said their housekeeping tasks had been made easier as a result of what they had learned through Extension.

25% had heard about sharpening knives and scissors.

- and 50% of those under 30 years of age had heard about this.

43% had heard about storage aids

- and 66% of those under 30 years of age had heard about this.

12-14% said they had improved the appearance or convenience of their homes as a result of something they had seen or heard through Extension.

Home Furnishings

In 1962:

There was little evidence of efforts on the part of homemakers to make their homes more attractive.

In 1964:

36% reported something specific they had learned through Extension to improve the appearance of their homes.

Clothing

In 1962:

The study revealed the strong pressures homemakers feel to keep their children well-dressed.

1/4 to 1/2 of all families with income $2,500 or more used installment credit to purchase clothing.

39% of 3-4 person families and 22-25% of larger families used installment buying to purchase clothing.

50% of the homemakers had access to sewing machines, but few had the skill to operate the machines or to make clothing.

In 1964:

41% said they would like to learn how to alter clothing.

37% said they would like to learn to make children's clothing.

But:

The time-consuming nature of clothing construction classes places a severe limitation on what can be done in this area by one staff member.

Could volunteers from outside the Development be more extensively involved?

The present situation suggests that educational program to help homemakers get more for their clothing dollars at the retail store is as important, if not more so, than instruction in sewing.

Family Life and Child Development

In 1962:

Approximately one-half of the families had no male head. 68% of the families had children living at home. Parents expressed concern for their children's development, but found it difficult to articulate these concerns.

In 1964:

There was no statistically significant difference between the two studies in the number of families with no male head or in the number of families with children living at home.

67% of all homemakers interviewed said they had heard about the meetings for parents and children.

45% of the parents interviewed said they had received information which was helpful to them in the guidance and development of their children.

Conclusions

In their basic characteristics, the population residing in the South End Housing Development have changed little in the 17 months which elapsed between this and the previous study. In their awareness of the program of the Community Services Center and the opportunities it provides they have changed much. That this increased awareness is directly related to the addition of a Home Economist to the Center staff is a fact about which there can be little doubt.

Throughout the findings of the study, there is evidence that families have been reached with Extension education. The proportion reached varies widely from one phase of the program to another. To some extent, these differences reflect corresponding variations in program emphasis. More importantly, differences in the attention given by South End homemakers to various aspects of the Extension program provide a guide to these homemakers' own perceptions of their basic educational needs. The fact that 8 out of 10 homemakers were aware of the "Buying on Time" leaflets, that more than two out of three were aware of programs for parents and children, and that nearly two out of three were aware of information on "best food buys" as compared with far fewer who had seen or heard about other facets of the program illustrates this point. On the other hand, there is considerable evidence to suggest that typical Extension printed materials and visuals can be used successfully with the families in this Development, particularly when on-the-spot interpretation accompanies their use -- as is the case with home visits or at meetings where a staff member is present.

The importance of individual contacts in reaching a population unaccustomed to organized educational activity at the adult level is also clearly borne out by the findings of the study and the experience of staff. In virtually every area, the means by which the largest number had been reached

with program information was the under-the-door flyer. Attendance at classes and meetings continues to be highly dependent on contacts of a personalized nature. Increasingly, this kind of responsibility is being assumed by women who are now familiar with the program and convinced of its usefulness.

The audience which participated most actively in the Extension program at South End was predominantly among the younger, better educated women whose households numbered three or more persons. That the major effort should continue to be directed toward this group is undoubtedly true. To the extent that funds and personnel are limited, efforts must be expended where they will reach the greatest number, especially where there is hope that the educational experiences of adults will be translated into improved opportunities for children. On the other hand, there is evidence that the population at the Development is becoming older. Concern with the needs of this expanding older age group is important both socially and economically. Thus, the findings of the study regarding the proportion of older homemakers reached with Extension information were highly encouraging. For example, seventy percent of the elderly, low-income, and one and two person families reported reading one or more of Extension's weekly flyers, and one-third to more than one-half reported reading most of them. These findings indicate the particular importance of this method in reaching people who perhaps receive little mail and have few social contacts of any kind.

A final conclusion which can be drawn from the data presented in this report, as well as from the experience of the Home Economist and specialists who have worked at South End during the two years of the pilot project, is that <u>all</u> methods which result in learning experiences for <u>any</u> of these families are important. The effort has been and must continue to be to reinforce each new learning through repeated exposures to the content to be learned and, wherever possible, by assisting families to greater awareness of the benefits and satisfaction to them which new knowledge and new skills can provide.

WHY THE STUDY WAS MADE

In March 1962, the Massachusetts Extension Division of Home Economics employed a Home Economist to plan and conduct an educational program to meet the needs of families in the South End Housing Project, Boston, Massachusetts. This action followed upon the formation by the United South End Settlements and the Boston Housing Authority of a Community Services Center at South End in September 1960, and the subsequent request by the staff of this Center for the aid of the Extension Division in planning and carrying out an educational program among tenants and families residing in the Project. The memorandum of agreement between the Cooperative Extension Service, University of Massachusetts and the United South End Settlements specified that the plan should include, in addition to the work to be done, the methods of procedure, the results expected, and methods of measuring the results anticipated from the program.

The Massachusetts Extension Service with cooperation of the Research and Training Division of the Federal Extension Service made a bench mark study at South End Housing Project in September 1962.[1] The purpose of the 1962 study was to guide the development of the program and to serve as a basis for measurement of accomplishments.

The present study was made in February 1964. Its aims were to determine the progress that had been made in meeting the needs identified 17 months earlier, and to provide a basis for decisions for future program. Specific objectives were to determine (1) the extent to which South End families have been reached with the Extension program, (2) the methods by which they have been reached and, (3) where possible, evidence of change in attitudes and practices related to homemaking and family living.

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1. The Families and Their Living Situations, South End Housing Development, Boston, Massachusetts, 1963. Winifred Eastwood, Edward K. Knapp, and Starley M. Hunter, Cooperative Extension Service, University of Massachusetts, Amherst, Massachusetts.

SCOPE AND DESIGN OF THE STUDY

The population studied were the families residing in randomly selected dwelling units in the South End Housing Development, Boston, Massachusetts. The agencies involved and a representative of the Federal Extension Service worked cooperatively to develop a plan for the study. An interview schedule was developed to obtain information about the extent to which homemakers had been reached with selected areas of the Extension program, the ways in which they had been reached, and changes in knowledge, attitudes and practices in relation to selected areas of home and family living. Data concerning age, education, family composition, amount and sources of income, and occupations of wage earners were also obtained.

The sample design for the present study was the same as that which was used in the benchmark survey conducted among this population in September, 1962.[1] The present sample provided 129 family schedules--one out of four of the 507 households. Thirteen members of the Massachusetts Extension staff were trained by a Federal Extension staff member to interview the homemakers. The study was made the week of February 10-14, 1964.

PLAN OF THE REPORT

The first section of the report is devoted to analysis of changes which have taken place in family living situations at South End during the 17 months which elapsed between the previous and the present study.

The second section describes the development of the Extension program and the findings of the study. For each program area, the report is presented as follows:

1. A statement of the situation or needs in this area, as determined by the 1962 study and the experience of staff working with South End families.

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1. Ibid

2. A statement describing the program conducted by the Extension Service up to the time of the present study (February, 1964).

3. Findings of the present study, as determined by the data obtained in the survey.

Where implications are discussed, these are related to the findings of the study, the experiences of the staff, or both.

The report concludes with a paper, "Apathy.....Awareness," prepared for this report by Mrs. Eva Dugger, Extension Home Economist at South End Housing Development during the period covered by the study.

SITUATION

FAMILY

Marital Status

The marital status of South End homemakers shows no significant change. Forty-seven percent of the families surveyed had husbands and wives living in the household. Thirty percent of the homemakers were widowed; 16 percent were separated from husbands; 5 percent were divorced; and 2 percent were single. In four households, the homemaker was a male living alone. The number of families without male household heads is not significantly different from the previous study.

Table 1: Marital Status of Homemakers; 1964 and 1962

Marital Status	Homemakers			
	1964		1962	
	No.	%	No.	%
All Families	129	100	104	100
Married	61	47	52	50
Separated, widowed, or divorced	65	51	36	35
Single	3	2	11	10
No Response	--	--	5	5

Sixty-five percent of the homemakers interviewed in the present study were under 60 years of age, and 57 percent were under 50 years of age. Thus, the percentage of women in the age range to make significant improvement in the management of the home remains high.

At the same time, the proportion of homemakers in the upper age bracket has increased. Of the forty-two homemakers 60 years old and older, 74 percent (31) were in fact in the 70 and over age bracket. A total of 24 percent of the homemakers interviewed were 70 years old or older, as compared with 13 percent in the previous study. This is statistically significant at the 1 percent level. Some of these older homemakers were also incapacitated, and could not be expected to respond to any kind of program requiring physical or mental effort.

Table 2: Age of Homemakers; 1964 and 1962

Age	Homemakers			
	1964		1962	
	No.	%	No.	%
Total Homemakers	129	100	104	100
Under 30	25	19	21	20
30 - 39	28	22	26	25
40 - 49	20	16	17	16
50 - 59	10	8	10	10
60 - 69	11	8	11	11
70 and over	31	24	14	13
Male homemaker	4	3	4	4
No response	--	--	1	1

Education of Homemaker

The educational level of South End homemakers was not obtained in the earlier study. The median number of school years completed by homemakers in the present study was approximately 9.1 years. Thirty-three percent of the homemakers had eight years or less of formal schooling; 51 percent had completed one to four years ofhigh school (grades 9-12); and nine percent had completed one or more years of school beyond grade 12.

Education and Age

Years of school completed decreased sharply with older age. Of the 25 women under 30 years of age, 92 percent had completed nine or more grades in school, and 77 percent of all women under 60 years of age had completed nine or more grades. However, among women 60 years old and older, only 31 percent had completed nine or more grades.

Table 3: Age of Homemaker and Highest Grade Completed in School

Years of School Completed	AGE											
	Total		Under 30		30 - 39		40 - 59		60 & Older		Male Homemaker	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
All Homemakers	129	100	25	100	28	100	30	100	42	100	4	100
4 or less	14	11	--	--	3	11	1	3	10	24	--	--
5 - 8	29	22	1	4	6	22	7	23	15	36	--	--
9 - 10	27	21	4	16	4	14	12	40	7	17	--	--
11 - 12	38	30	16	64	11	39	5	17	6	14	--	--
Over 12	12	9	3	12	4	14	5	17	--	--	--	--
Male homemaker	4	3	--	--	--	--	--	--	--	--	4	100
Don't know	1	1	--	--	--	--	--	--	1	2	--	--
No response	4	3	1	4	--	--	--	--	3	7	--	--

Household Size and Composition

There was a total of 486 persons in the 129 households surveyed, which provides a mean average of 3.7 persons per household. Neither number of persons per household nor the numbers of families of various size differed significantly from the 1962 study.

Table 4 gives the number of households of various sizes.

Table 4: Size of Family (Number of Persons in Household).

Number in Household	Households			
	1964		1962	
	No.	%	No.	%
All Households	129	100	104	100
One	32	25	20	19
Two	23	18	18	17
Three and Four	25	19	28	27
Five and Six	28	22	20	19
Seven and Eight	14	11	14	14
Nine and Over	7	5	4	4

There was no statistically significant difference in the balance between races in the two studies. Seventy-eight (60.5%) of the homemakers interviewed in the present study were Negro and 51 (39.5%) were white.

Family Size, Age, and Education of Homemaker

Size of family was positively associated with the youth and education of the homemaker. Younger homemakers had completed more grades in school and had more children living at home. In the 74 families of three or more persons, 43 (58%) of the homemakers had completed 11 or more grades of school, and more than three-fourths completed nine or more grades. All but one of the women with families this size were under 60 years old, and more than two-thirds of them were under the age of 40.

The significance of these findings is that the educational level of the younger homemakers at South End is not drastically lower than that of Extension homemakers elsewhere in the state.[1] However, this observation may not be construed to mean that the problems in learning are the same for these groups. Cultural deprivation and the anxieties generated by poverty and insecurity create barriers to learning which may far exceed limitations imposed by lack of schooling.

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1. The Massachusetts Extension Homemaker, Barbara Snowman, Cooperative Extension Service, University of Massachusetts, Amherst, Massachusetts, August, 1960.

Table 5: Education and Age of Homemaker by Family Size (number of persons in Household).

Highest Grade Completed by Homemaker	Total		Number of Persons in Household									
			1 - 2		3 - 4		5 - 6		7 - 8		9 or more	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
All families	129	100	35	100	25	100	28	100	14	100	7	100
Grade 8 or less	43	33	28	51	8	32	4	14	2	14	1	14
9 - 10	27	21	12	22	5	20	6	21	4	29	--	--
Grade 11 or more	50	39	7	13	12	48	17	61	8	57	6	86
Male homemaker	4	3	4	7	--	--	--	--	--	--	--	--
Don't know	1	1	1	2	--	--	--	--	--	--	--	--
No response	4	3	3	5	--	--	1	4	--	--	--	--
Table 5A												
Age of Homemaker												
Under 40	53	41	3	5	15	60	19	68	10	71	6	86
40 -59	30	23	7	13	10	40	8	29	4	29	1	14
60 and over	42	33	41	75	--	--	1	3	--	--	--	--
Male homemaker	4	3	4	7	--	--	--	--	--	--	--	--

Number and Ages of Children Living at Home

There is no statistically significant difference between the two studies in the number of households with children. Sixty percent (78) of families interviewed in the present study had unmarried children living at home. The total number of these children was 289. The average number of children in these 78 families was 3.6, and the range was from 1 to 9 children per family. Thirty-six percent of the families in the sample had children who were younger than 5 years old; 36 percent had children in the age group 5 to 9 years; 33 percent had children aged 10 to 14 years; 19 percent had children aged 15 to 19 years; and 5 percent had children aged 20 to 21 years.

The distribution of children by age and number is presented in Table 6.

Table 6: Number of Families with Unmarried Children Living at Home, by Number and Age of Children.

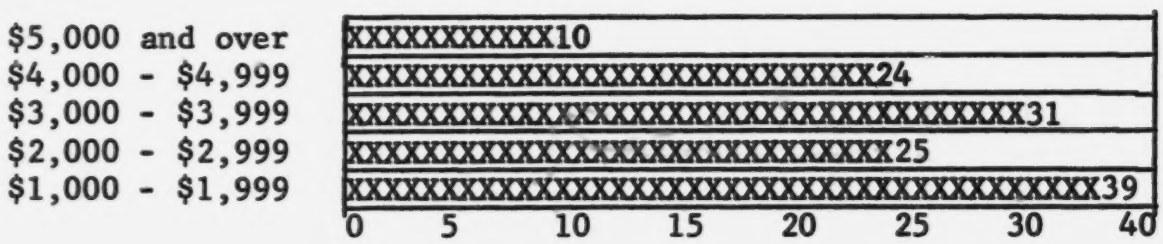
Age of Children	Total Children this Age	Total Families with Children this Age	Number of Families with 1, 2, 3, and 4 Children this Age			
			One Child	Two Child.	Three Child.	Four Child.
Under 5 years	87	47	18	19	9	1
5 - 9	85	47	20	17	9	1
10 - 14	77	43	18	17	7	1
15 - 19	33	25	20	2	3	--
20 - 21	7	7	7	--	--	--

INCOME

Amount of Income

There is no statistically significant difference between the two studies in number of households at various income levels. The median income per household in the present study was approximately $2,985; in 1962 it was $2,970. Per capita income in 1964 was $794, as compared with $750 in 1962. As previously noted, the 1960 Census for Massachusetts gives a median income for Boston families and unrelated individuals of $5,459, an average family size of 3.63 persons, and a per capita income of $1,504. Thus, per capita income at the South End Housing Project remains at about half that of other families in the city.

Figure 1: Annual Income, 1963 - 1964



Source of Income

There is no statistically significant difference between the two studies in the number of families whose major source of income is derived from earnings of a male household head.

Employment was the major source of income for less than one-half of the families. Nearly one-fourth of the families received funds from Aid to Dependent Children; one-fourth received Social Security and slightly more than one-fourth received Old Age Assistance. Many families were dependent on more than one source for their income.

Table 7: Families Receiving Income from Given Sources.

Sources	Families	
	Number	Percent*
All Families	129	100
Employment	60	46
Aid to Dependent Children	31	24
Old Age Assistance	33	26
Social Security	32	25
Unemployment compensation	5	4
Welfare (direct relief)	3	2
Pensions	17	13
Investments	2	1
Separate support and/or relatives not living in the household	19	15

*Adds to more than 100 percent; some families receive income from more than one source.

Occupation of the Employed:

The occupational status of South End families remains little changed from the previous study. A total of 59 persons were employed full time with an additional five persons employed part time. A total of 46 male heads of households and 11 females were gainfully employed, plus seven other persons in the 129 households in the sample. As evidenced in Table 8, only the occupations of the principal earners are shown. Of the 65 male household heads,

46 were employed, 15 were retired, and four were unemployed. Eighty-four percent of those employed were operatives and kindred workers, laborers, and service workers.

Table 8: Occupations of Principal Earners.

	Principal Earners	
	No.	%
Employed	57	100
Professional	1	2
Armed Services	4	7
Craftsmen; foremen	3	5
Practical nurse	1	2
Operatives and kindred workers	12	21
Skilled laborers	12	21
Unskilled laborers	10	17
Service workers	14	25

Marital Status, Age and Education of Homemaker, and Family Size by Income Class

As revealed in the earlier study, the economic well-being of South End families is closely associated with marital status, age, and family size. Income increased as the percentage of broken homes decreased. Income increased with family size, and decreased with age.

Some of the association between higher income and larger families is due to the higher earnings of younger employed people, and some is due to the increased public assistance received by larger families.

Of the 64 families who had incomes under $3,000, 48 percent of the homemakers were 60 years old and over; 75 percent were members of one and two person households; and 50 percent were not educated beyond the eighth grade.

Of the 65 families who had incomes of $3,000 and more, 63 percent of the homemakers were under 40 years old; 71 percent had families of five or more persons; and 82 percent had completed one or more years of high school.

Table 9: Marital Status, Age and Education of Homemaker and Family Size by Income Class.

Marital Status of Homemakers	Total		Income Class									
			Under $2,000		$2,000-$2,999		$3,000-$3,999		$4,000-$4,999		$5,000 and over	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
All families	129	100	39	100	25	100	31	100	24	100	10	100
Married	61	47	8	20	6	24	20	65	19	79	8	80
Separated, widowed or divorced	65	51	28	72	19	76	11	35	5	21	2	20
Single	3	2	3	8	--	--	--	--	--	--	--	--
Table 9A												
Age of Homemaker												
Under 40	53	41	1	3	11	44	21	68	14	59	6	60
40 - 59	30	23	4	10	6	24	9	29	8	33	3	30
60 and over	42	33	30	77	8	32	1	3	2	8	1	10
Male homemaker	4	3	4	10	--	--	--	--	--	--	--	--
Table 9B												
Last Grade Completed in School by Homemaker												
Grade 4 or less	14	11	6	15	5	20	1	3	--	--	2	20
5 - 8	29	22	15	39	6	24	7	23	--	--	1	10
9 - 10	27	21	7	18	4	16	5	16	10	42	1	10
11 - 12	38	30	4	10	5	20	14	45	10	42	5	50
Over 12	12	9	--	--	4	16	3	10	4	17	1	10
Male homemaker	4	3	4	10	--	--	--	--	--	--	--	--
Don't know	1	1	--	--	--	4	--	--	--	--	--	--
No response	4	3	3	8	1	--	1	3	--	--	--	--
Table 9C												
Family Size (Number of persons in household)												
1 - 2	55	43	39	100	9	36	4	12	2	8	1	10
3 - 4	25	19	--	--	13	52	7	23	3	12	2	20
5 - 6	28	22	--	--	3	12	13	42	10	42	2	20
7 - 8	14	11	--	--	--	--	7	23	5	21	2	20
9 or more	7	5	--	--	--	--	--	--	4	17	3	30

Number of Years in Housing Development

The median number of years families had resided in the Housing Development was 6.2 years. Thirty-nine percent of the families had lived in the Development less than five years; 61 percent had lived there five years or longer; and 21 percent had been residents longer than 10 years.

Table 10: Years Families Had Lived in Housing Development.

Years	Families	
	Number	Percent
All families	129	100
1 - 2	30	23
3 - 4	21	16
5 - 6	16	12
7 - 8	13	10
9 - 10	23	18
Over 10	26	21

PROGRAM DEVELOPMENT

Primary responsibility for the Home Economics program has been with the Extension Home Economist. Program planning and development have been supervised and supported by the state staff of the Extension Division of Home Economics. The family worker at the Development was extensively involved in the initiation of the program and in the recruiting of homemakers for attendance at meetings and classes. All of the Community Services Center social work staff have shared data concerning individuals, families, the neighborhood and the surrounding community and its agencies.

Methods, subject matter and techniques have been those common to Extension with modifications to meet the needs of South End families. In every area, the aim has been to relate program content as concretely as possible to needs which the families themselves recognize. For the deprived homemaker, the complex problem of providing food, shelter and clothing for her family is an extreme effort. Hence, she does not appreciate the intrinsic value of an

educationa. program un.ess she can see a relationship between her basic needs and what tne program o.fers.

Leadership is slow to arise in the Development. After nearly a year and one-half, the Home Economist was able to count six homemakers as true leaders to advise and assist with organization. Four others were making a contribution on a less active basis. However, progress is being made in this direction, and increasingly it is becoming possible to delegate some of the responsibility for the new-family-contacts and recruitment for attendance at meetings to volunteers among the homemakers themselves. The importance of identification and training of leaders who can assume such responsibility can hardly be over-estimated.

Attendance at meetings has not been the usual pattern of life with the people at South End as it is with middle-class families. The Home Economist must first show herself an understanding friend to the homemaker, much as the early Extension worker related to the rural farm family. An understanding and appreciation of the differences in values held by the professional and the family is important to the development of this relationship. As the program has progressed, families have come to know each other and have gained confidence to discuss common problems more freely with each other and with the Home Economist. Increasingly, homemakers who cannot or do not attend Center-wide meetings have been reached through small groups meeting in homes. The organization of these small groups has been an important function of volunteer leaders. For many homemakers, the small group meeting in homes has provided the necessary intermediate step between ability to accept direct teaching through the home visit and attendance at community-wide meetings. However, for some the barriers of insecurity, fear and suspicion are slow to give way. For this reason, individual help through home visits and indirect teaching through printed materials and the mass media continue to be the major means

of reaching significant numbers of families. At the same time, attendance at group activities and classes continues to be highly dependent upon the number of individual contacts which can be made in advance of meetings.

Many areas of the program have been taught by Extension specialists to groups assembled at the Community Services Center, and some of these have also been taught by the Home Economist to small groups meeting in homes. Other areas have been developed and taught by the Home Economist, either at the Center or in homes or both. Program material has been included in newsletters delivered monthly to all residents, on television and radio, in posters and exhibits at the Center, and in under-the-door flyers prepared and distributed by the Home Economist. The newsletters, posters, and flyers have been used to publicize program activities and to some extent for subject-matter teaching.

Homemakers Awareness of Center Program

Fifty-three percent of the homemakers said they knew the Community Services Center staff and 60 percent said they were familiar with the program of the Center in 1962. Seventy-one percent said they were familiar with the staff and 74 percent of those who were familiar with the staff said they knew what the staff did to be of help to families in the Housing Development in 1964. This is an appreciable gain in homemakers' knowledge concerning both staff and the work of the Center. However, a more important gain was in the knowledge homemakers had of the kind of work the staff did. The 53 percent (68 homemakers) who said they knew the kind of work the staff did gave a total of 136 responses concerning the kind of work done, (Table 11). In 1962, only 18 homemakers (17 percent) gave any suggestion as to what the Center program might contain and these were largely suggestions for recreation. In 1964, 89 homemakers (69 percent) gave responses, most of which were clear and concise statements of actual needs for knowledge that would improve home and

family living. (Page 50, Table 30). This indicates that the addition of an Extension Home Economist to the staff has made a significant contribution to the educational program.

Sixty percent of all the homemakers interviewed in the present study, and 73 percent of all these homemakers who were under 60 years old, said they had met the Extension Home Economist.

Table 11: What homemakers think is being done to help families by Community Services Center workers.

ITEM	Responses	
	Number	Percent
Total Responses	136	100
Food and Nutrition (Menu planning, food buying, diets, cookery)	26	19
Family Relations and Child Development	19	14
Tutoring (school children)	17	12
Home Economics (programs and classes)	16	12
Home Management (housekeeping, household helps, storage and housing)	13	10
Family Money Management (budgets and credit)	9	7
Social-Service Work	7	5
Tenants Association, Committees, etc.	7	5
Youth Program	6	4
Other (Helps when people are hurt or ill; distributes literature; bus trip tours; entertainment, cake sales; etc.)	9	7
Good program going on: satisfied with it	3	2
Said they knew but when asked specifically said they didn't know or couldn't remember	4	3

It was not considered feasible to design the study to permit comparison of various methods of reaching South End homemakers with Extension information on a overall basis. With the exception of the under-the-door flyers, there was wide variation from one area of work to another in the extent to which various program methods were used, as well as in the extensiveness with which program in the various subject matter areas was developed during the period covered by the study. A discussion of methods is included in each of the subject matter sections which follow.

Under-the-Door Flyers

A simply written flyer, prepared by the Home Economist or specialist and delivered once weekly under the door of each apartment in the Development was used to distribute information about each phase of the Extension program. Consequently, an attempt was made in the survey to determine the extent to which homemakers had seen the flyers and had read them.

In reply to the question, "Did you receive an invitation to attend a class or meeting from a flyer put under your door?", 64 percent of the homemakers said that they had. Eighty-four percent said they had received other flyers; 77 percent said they had read one or more of the flyers they had received; and 64 percent said they had read most of them.

As indicated in the data of Table 12, homemakers under 40 years old, those with incomes of $5,000 or more, and those with the largest families were more likely to have read most of the flyers than were other homemakers. On the other hand, over 80 percent of the homemakers in each age group and income class and in each size household reported that they had <u>received</u> flyers. Also, as noted above, even among homemakers 60 years old and older, those with incomes under $3,000, and those residing in one and two person households, 70 percent had read one or more of the flyers and from one-third to more than one-half had read most of them.

In summary, these data suggest that the effectiveness of the under-the-door flyer as a teaching device with urban, low-income families such as those at South End may be one of the most important findings of the present study.

Table 12: Homemakers Who Said They Received and Read Under-the-Door Flyers, and Their Age, Family Income, and Family Size (Number of Persons in Household).

Under-the-Door Flyers	Homemakers*									
Age	Total		Under 40 years		40 - 59 years		60 and over		Male Homemakers	
	No.	%	No.	%	No.	%	No.	%	No.	%
All Homemakers	129	100	53	100	30	100	42	100	4	100
Rec'd flyer invitation to class or meeting	83	64	34	64	25	83	22	52	2	50
Received other flyers	108	84	47	89	24	80	35	83	2	50
Read one or more flyers	100	77	43	81	25	83	30	71	2	50
Read most of the flyers	83	64	39	74	21	70	23	55	--	--
Table 12A										
Family Income	Total		Under $3,000		$3,000-$3,999		$4,000-$4,999		$5,000 and over	
All Homemakers	129	100	64	100	31	100	24	100	10	100
Rec'd flyer invitation to class or meeting	83	64	37	58	19	61	19	79	8	80
Received other flyers	108	84	52	81	25	81	22	92	9	90
Read one or more flyers	100	77	45	70	24	77	22	92	9	90
Read most of the flyers	83	64	34	53	21	68	19	79	9	90
Table 12B										
Family Size (number in household)	Total		1 - 2 persons		3 - 4 persons		5 - 6 persons		7 or more persons	
All Homemakers	129	100	55	100	25	100	28	100	21	100
Rec'd Flyer invitation to class or meeting	83	64	31	56	16	64	19	68	17	81
Received other flyers	108	84	44	80	21	84	23	82	20	95
Read one or more flyers	100	77	39	71	18	72	24	86	19	90
Read most of the flyers	83	64	19	34	16	64	21	75	17	81

*Column totals exceed totals for all homemakers because of duplications.

FOOD AND NUTRITION

The general aim of the program area in Food and Nutrition was to improve the nutritional status of families.

The ability of homemakers to plan balanced diets and serve nourishing meals on limited budgets depends on their knowledge about the nutritive value of various foods and how to shop for and prepare low-cost, plentiful foods. A general lack of such knowledge was apparent from the findings of the 1962 survey. Homemakers who participated in the study gave nutrition needs and health as the most important considerations when purchasing food for the family. However, less than five percent could name as many as two of the basic food groups. On the day preceding the 1962 survey, no dairy products were served in 25 percent of the homes; no dark green, leafy or yellow vegetables were served in 83 percent of the homes; and no citrus fruits were served in 67 percent of the homes. Although cost was mentioned as the second most important consideration, it was clear that food purchases and menus were largely unplanned. On the basis of this evidence, four specific program objectives were developed. These were:

1. To increase homemakers' knowledge about the relationship between food and health.
2. To increase dietary intake of fruits, vegetables and milk.
3. To encourage menu planning and the use of plentiful foods.
4. To enable homemakers to find greater satisfaction and enjoyment in meal preparation.

What Has Been Done

Efforts to improve the dietary and food buying habits of South End families were continuous throughout the period covered by the study. Program focused on basic nutrition information, menu planning, and the use of low-cost plentiful foods. The importance of vegetables, fruits and dairy products in the diet was stressed. Menu planning and food preparation demonstrations featured new ways to prepare nourishing low-cost dishes.

Program was planned and conducted by the Extension Specialists in Food and Nutrition and Consumer Marketing and the Extension Home Economist. Meal planning and food preparation classes were held at the Community Services Center and in homes. Homemakers attending these classes were encouraged to share what they learned with their friends and neighbors. Nutrition and food buying information, meal planning suggestions, and recipes were included in the monthly newsletter of the Community Services Center and in weekly flyers prepared by the Home Economist and the Specialists in Nutrition and Consumer Marketing. At meetings, and through the newsletter and flyers, homemakers' attention was called to television and radio programs featuring "best food buys," meal planning, and new ways to use and prepare low-cost plentiful foods. Posters featuring the use of the basic food groups in family meal planning were displayed at the Community Services Center. Home visits were extensively used by the Home Economist as a means of direct teaching of nutrition and meal planning principles to homemakers who did not attend meetings.

Findings of the Study

The aims of the study in this area of program were to determine (1) the extent to which homemakers had learned certain facts about food and its relation to health, (2) the extent of homemakers' awareness of sources of information about nutrition, food buying, and meal preparation, (3) the sources through which they had received this information, and (4) the extent to which their practices relating to food use and preparation had changed.

Nutrition Knowledge

When asked by the interviewer to name the four basic food groups, twenty-six percent of the homemakers participating in this survey named dairy products; 26 percent named meats, fish, and poultry; 35 percent named fruits and vegetables; and 12 percent named breads and cereals. When shown posters depicting the four food groups and asked to state what the foods in each group do

for health, correct statements were made about the contribution of dairy products by 38 percent; meats, fish and poultry by 26 percent; fruits and vegetables by 30 percent; and breads and cereals by 11 percent. Compared with the situation at the time of the previous study, these findings represent highly significant gains in nutrition knowledge among South End homemakers.

In a further test of what homemakers had learned about the relationship of food to health, the interviewer described what certain foods do for health and asked individuals to state what it is that these foods contain that does this. Results were as follows:

51 percent named calcium and/or Vitamin D as the nutrients in milk.

40 percent named Vitamin A and/or iron as the nutrients in dark green, leafy and yellow vegetables.

37 percent named Vitamin C as the nutrient in oranges, tomatoes, and cabbage.

The ability to name the four food groups was associated with the age of the homemaker, and with her level of formal education and family income. Younger homemakers, those with more formal schooling, and those with larger family incomes were more likely to know the four food groups than were other homemakers.

Meal Planning and Preparation

The findings of the present study indicate that homemakers have been well-reached with information about learning opportunities in this area, and that Extension educational materials and phases of the program related to meal planning and preparation have caught the attention and interest of a large proportion of these homemakers. Although the data of the two studies do not permit extensive comparisons, there is evidence of increases in knowledge and of changes in some practices.

Forty-six percent (59) of the homemakers interviewed said they had been visited by someone who invited them to attend a meeting on food preparation. Approximately three-fourths of all homemakers under 30 years of age, one-half

of those between 30 and 59 years, and one-fourth of those 60 years and older reported such a visit. Thirty percent (38) had received these visits from the Extension Home Economist. Ten women reported such visits from other Center workers, 10 had been visited by neighbors, and eight had been visited by friends.

In reply to the question, "Have you seen or heard the Home Economist, other Community Center workers, a specialist or someone else talk about food in the past year or so?", 31 percent said that they had. When asked who it was they had seen or heard, 26 percent of the homemakers interviewed mentioned the Extension Home Economist and six percent mentioned the specialist. A few mentioned friends, neighbors, or others, and one mentioned another Community Center worker.

Younger homemakers and those who had completed more grades in school were much more likely to have heard a talk about food than were older and less-educated homemakers. Sixty percent of the homemakers under age 30, and 52 percent of those who had completed 11 or more grades in school, said they had heard such a talk.

Nearly one-half (48%) of those interviewed said they had received the leaflet "Well Planned Meals," and more than a third (35%) said they had read it. Posters on "Well Planned Meals" which had been on display at the Center had been seen by more than one-fourth of all the homemakers, and among those under age 30 the proportion was 48 percent.

Asked whether or not they had heard any new way of planning meals in the past year, 30 percent of the homemakers interviewed said they had, and nine percent said that they make menu planning sheets. In reply to the question, "When do you decide what to prepare for a meal?", the following replies were received:

Table 13: When Homemakers Decide What to Prepare for a Meal.

Replies	Total		Number and Percent of Replies									
			Just before the meal		One day ahead		Several days at a time		A week at a time		Varies	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
All Homemakers	129	100	129	100	129	100	129	100	129	100	129	100
Yes	--	---	41	32	43	33	9	15	21	16	6	5
No	--	--	79	61	80	62	102	79	104	81	118	91
Sometimes	--	--	5	4	2	2	4	3	0	0	1	1
No response	--	--	4	3	4	3	4	3	4	3	4	3

The Home Economist had distributed to each of the older homemakers in the Development a copy of the bulletin, "Food Guide For Older Folks," and to each of the younger homemakers the bulletin, "Family Fare."[1] Sixty-one percent of the homemakers interviewed said they had received a copy of one of these bulletins and 33 percent said they had used it. Asked to state how they had used this material, 12 percent said they had looked at it; 18 percent said they had read some or all of it; and 12 percent said they had used the recipes. Four women said they had used the booklet as an aid to meal planning and one said she had given it to someone else.

One-third of the homemakers interviewed said that they had prepared foods that were new to their families this year, and one-fifth said they had prepared new dishes they had learned about from the Home Economist.

"Guide to Good Eating"

The findings of the study indicate a large increase in homemakers' awareness of Extension sources of nutrition information as compared to the previous study. Although the leaflet "Food For Fitness" had been made available to South End residents at that time, only one-fourth of those participating in the 1962 survey had heard of it. In the present study, 57 percent of the home-

1. Both of these bulletins are publications of the United States Department of Agriculture.

makers interviewed had either seen or heard of the leaflet, "Guide to Good Eating," and 36 percent said they had a copy of it.[1]

The proportion of homemakers who had seen or heard of this leaflet tended to be highest among homemakers under 60 years old, those with the largest families and incomes, and those who spent the largest amounts for food.

In reply to the question, "Where did you see or hear about the 'Guide to Good Eating'?", more than one-third of the respondents said they had learned about it through newsletters and flyers. Also mentioned were the Home Economist and other Center workers, meetings, television, posters, home visits, friends and neighbors. Younger homemakers and those with incomes of $3,000 or more had received this information from a wider variety of sources than had other women.

Table 14: How Homemakers Had Seen or Heard about "Guide to Good Eating".

Source	Homemakers	
	Number	Percent
Homemakers Responding	73	100*
Newsletter with Flyer	44	60
Home Economist	18	25
Other Center Worker	7	10
Home Visits	6	8
Meetings in Homes	7	10
Television	4	5
Posters	5	7
Neighbors	5	7
Friends	2	3

*Adds to over 100. Some mentioned more than one source.

"Best Food Buys"

Eighty-four homemakers, representing 65 percent of the total sample, said they had heard about "best food buys." In reply to the question, "What

1. Note: Both of these publications stress the use of the four food groups. Food For Fitness is a publication of the United States Department of Agriculture. Guide to Good Eating is published by the National Dairy Council.

did you learn about best food buys that you have used this year?", 44 (34%) of the respondents were able to cite specific information that had been useful to them.

Table 15: What Homemakers Had Learned about "Best Food Buys".

What had been learned	Homemakers	
	Number	Percent
Homemakers Responding	44	100
What to look for in special sales	18	41
General information on how to buy	11	25
How to buy meats	5	11
How to use labelling information	4	9
How to buy vegetables	2	5
Uses for new and different foods	1	2
How to compare costs	1	2
Information about packaging	2	5

More homemakers mentioned television as the source of information about "best food buys" than for any other type of homemaking information included in the study. Television was most used as a source of "best food buys" information by homemakers spending over $30 per week for food. One-third of the homemakers who spent this much for food said they received this information on television. Other sources of "best food buys" information were newsletters and flyers, newspapers, radio, meetings, the Home Economist, neighbors, friends, and church.

Table 16: How Homemakers Heard about "Best Food Buys."

Source	Homemakers	
	Number	Percent*
Homemakers Responding	84	100
Newsletter or flyer	43	51
Newspapers	22	26
Television	21	25
Home Economist	10	12
Meetings	9	11
Radio	8	9
Neighbor	8	9
Friend	4	5
Home Visits	5	6
Church	1	1

*Adds to over 100. Some mentioned more than one source.

Access to or awareness of information about "best food buys" tended to be associated with the age, educational level, and income of the homemaker. Between 68 and 73 percent of all homemakers under age 60 had heard about "best food buys" as compared with 55 percent of older homemakers. For homemakers who had completed 11 or more grades in school, the proportion who had received this information was between 79 and 92 percent; as compared with between 36 and 67 percent for those with less schooling. Similarly, among homemakers whose family income was $2,000 or more, from 64 to 80 percent had heard about "best food buys"; as compared with 54 percent of the homemakers with smaller family incomes.

Among homemakers who spent over $30 per week for food, more than 83 percent had heard about "best food buys," as compared with between 58 and 75 percent of the homemakers spending less than this amount. All homemakers in families with eight or more persons living in the household had heard about "best food buys," but there was little or no relationship between having received this kind of information and family size among homemakers in households having fewer than eight members.

Younger homemakers and those whose family incomes were $3,000 or more had heard about "best food buys" from a larger variety of sources than had other homemakers.

Food Supplements

The use of food supplements was only slightly less than in the previous study. Forty-four percent of the homemakers said that they or someone in their families take vitamins or some other supplementary food product, as compared with 52 percent in the earlier survey. In reply to the question, "Why do you take them?", about one-half said they were following a doctor's prescription and about one-third said it was a personal decision. One individual mentioned television advertising as a reason. Other reasons mentioned were habit, health, and to supplement diets.

Families Use of Milk

Between 1962 and 1964, there was no statistically significant change in home consumption of fluid milk. However, increases in the use of both evaporated and powdered milk during this period are significant at the one percent and five percent levels respectively. The quantity of all kinds of milk purchased for home use amounted to slightly more than three and one-half quarts per person per week. This is an increase of about one pint per week per person over the previous study. (School children had milk at school but no attempt was made to check on food eaten away from home. There was no food stamp plan and no donated food in this area at the time of either study.)

Table 17: Families Use of Milk in Different Forms; 1964 and 1962*

	Families			
	1964		1962	
	No.	%	No.	%
Homemakers Responding	126	100	104	100
Fluid Milk	120	95	102	98
Evaporated Milk	65	52	34	33
Powdered Milk	24	19	9	9

*Column totals exceed totals for all homemakers because of duplications.

To the extent that the amount of milk purchased by families for use at home provides an indication of the quality of the family food supply, these findings may be regarded as highly encouraging. They are also indicative of the effectiveness of the educational program carried on by the Extension Home Economist to encourage homemakers to use more milk.

Powdered Milk

Eighty-seven homemakers, representing 67 percent of the sample, said that they or their children had tasted reconstituted powdered milk. Of the 25 who purchased it for home use, 24 said they use powdered milk to have more milk at less cost, and 23 said they used it to save money. All of the homemakers who used powdered milk served it as a beverage, and most used it for baking and cooking purposes.

The tendency to purchase powdered milk in any amount was positively associated with the family income, the youth, and the formal schooling of the homemaker. Thirty-three percent of all homemakers who proceeded in school beyond high school used powdered milk, and 26 percent of those who completed eleven or twelve grades of school used it. Among homemakers who completed less than eleven grades of school, powdered milk was used by less than 15 percent. There was little if any relationship between the use of powdered milk and number of persons in the household. The percentages of families of various sizes using no powdered milk varied from 25 to 100 percent.

Evaporated Milk

The tendency to use evaporated milk in any amount was also greater among younger homemakers, those with more formal schooling, and those with larger family incomes, and was not associated with the number of persons in the household. The percentage of families of various size using no evaporated milk varied from 20 to 89 percent.

Table 18: Families Who Purchased Various Kinds and Quantities of Milk Each Week and Those Who Purchased None; 1964 and 1962.

Quantity Purchased	Percent of Families	
	1964	1962
All Families	100	100
Fluid Quarts		
1-6	42	34
7-14	30	40
15-22	12	12
23-30	6	5
31-34	1	0
35 and over	4	7
none	5	2
Powdered Quarts (reconstituted)		
1-6	10	6
7-11	9	3
12	1	0
none	80	91
Cans (large)		
1-4	36	22
5-8	6	9
9-12	5	3
13-18	2	0
none	51	66

Estimated Amount Spent for Food Eaten at Home the Week Before the Interview

As in the previous study, homemakers were asked to estimate approximately how much they spent for food the week before the survey for consumption at home. Estimates were based on $5 intervals, from $5 to over $30. The estimate included all food regardless of where it was purchased, exclusive of paper goods, tobacco, etc.

Although weekly food expenditures had increased at the upper level of spending, the proportion of all families spending $15 or less per week for food had also increased since the previous study. As indicated in the data of Table 19, 47 percent of the families in the present study spent $15 or less per week for food, as compared with 33 percent who spent this little for food in 1962. It is possible that some of this increase can be accounted for by the increase in one person households. (Table 4, page 5) However, as indicated in the data of Table 20, homemakers in nine families of five to eight persons reported spending $15 or less per week for food, and 10 other homemakers in families of five to eight persons reported spending $20 or less per week for food. In light of these findings, further study of the dietary and food buying practices of South End families would appear desirable.[1] Nutrition knowledge and food buying information can be helpful only to the extent that

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1. Further evidence that expenditures for food are declining is provided by the following comparisons between the 1962 and 1964 studies: In 1962, one 5-6 person family (5 percent of all families this size in the 1962 study) spent $20 or less for food. In 1964, 13 families of this size (46 percent) spent $20 or less. Also, in 1962, two 7-8 person families (14 percent of this family size) spent $20 or less for food, whereas in 1964 the number of 7-8 person families spending at this level had increased to six (42 percent of this family size). What these findings suggest, but which cannot be proven by the study, is that some other necessity has increased in cost and that food expenditure is down for this reason. In any case, such findings point to the need for further study of food and nutrition problems among South End Families. An effort was made to obtain information about Family eating patterns in the present survey. However, homemakers' statements about what they had served to their families on the day before the interview were judged too inconclusive for analysis.

they are put into practice, and it cannot be expected that families whose food supply falls considerably short of the required minimum for good nutrition will be well-fed.[1]

Table 19: Families Who Spent an Estimated Amount for Food Eaten at Home the Week Before the Interview; 1964 and 1962.

Dollars	Families			
	1964		1962	
	No.	%	No.	%
All Families	129	100	104	100
5	3	2	4	4
10	24	19	14	14
15	34	26	16	15
20	24	19	18	17
25	8	6	16	15
30	9	7	28	27
Over 30	18	14	--	--
Don't know	2	2	7	7
No response	7	5	1	1

Table 20: Families Who Spent an Estimated Amount for Food Eaten at Home the Week of February 2, 1964; by Family Size (Number of Persons in Household).

Dollars	Total		Family Size									
			1 - 2		3 - 4		5 - 6		7 - 8		9 or more	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
All Families	129	100	55	100	25	100	28	100	14	100	7	100
5	3	2	3	5	--	--	--	--	--	--	--	--
10	24	19	21	38	3	12	--	--	--	--	--	--
15	34	26	18	33	7	28	6	21	3	21	--	--
20	24	19	4	7	10	40	7	25	3	21	--	--
25	8	6	1	2	1	4	6	21	--	--	--	--
30	9	7	--	--	3	12	2	8	3	21	1	14
Over 30	18	14	1	2	1	4	6	21	4	29	6	86
Don't know	2	2	1	2	--	--	--	--	1	8	--	--
No response	7	5	6	11	--	--	1	4	--	--	--	--

1. The United States Department of Agriculture estimate for a low-cost food plan for a non-farm family of four (2 adults and 2 school children) in October 1963 was $24.20 per week.

Table 21: Families Who Spent an Estimated Amount for Food Eaten at Home the Week of February 2, 1964; by Income Class.

Dollars	Total		Income Class									
			$1,999 and under		$2,000-$2,999		$3,000-$3,999		$4,000-$4,999		$5,000 and over	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
All Families	129	100	39	100	25	100	31	100	24	100	10	100
5	3	2	3	8	--	--	--	--	--	--	---	--
10	24	19	14	36	6	24	2	7	1	4	1	10
15	34	26	12	31	9	36	9	29	2	8	2	20
20	24	19	4	10	6	24	6	19	7	29	1	10
25	8	6	--	--	3	12	1	3	4	17	--	--
30	9	7	--	--	--	--	2	7	4	17	3	30
Over 30	18	14	--	--	--	--	10	32	6	25	2	20
Don't know	2	2	1	2	--	--	--	--	--	--	1	10
No response	7	5	5	13	1	4	1	3	--	--	--	--

FAMILY ECONOMICS

Program in this area was concerned with the wise use of credit. Credit buying information, the types of credit and how to use them, and the comparative costs of different forms of credit are vitally needed by the families at South End. The need for credit is greatest among families with children, which in turn means that it is younger homemakers who have need for credit buying information.

What Has Been Done

An introductory meeting on money management was conducted by the Extension Specialist in Family Economics and Extension Home Economist in Spring 1962. This meeting served as orientation for homemakers, and acquainted the specialist and Home Economist with the particular needs and expectations of this group. This original contact was general in nature, very permissive, and designed to determine what specific topics could and should be further explored. The homemakers who attended this meeting were curious about the term "money management," and somewhat threatened by it. The topic, "When You Buy On Time" was decided upon and used in subsequent programs in this area.

Following this meeting, a series of five classes was planned and conducted by the specialist. Subject-matter included (1) The Advantages and Disadvantages of "Buying on Time," (2) Types of Credit, (3) How Credit Costs are Figured, (4) Ways of Expressing Interest Charges, and (5) Using the Credit Formula for Computing True Annual Interest Rates.

Classes were "situation focused" around credit buying experiences of members of the group. Credit buying experiences of group members were related to basic information on the use of credit. Materials were somewhat modified to the level of the group's ability to comprehend. However, it was the experience of the specialist that individuals who participated in these classes were able to understand standard Extension literature moderately well. The technique of presenting limited amounts of information at a time and spending more time for explanation and discussion seemed to be the answer.

At the close of one of the sessions taught by the specialist, one of the homemakers in the class explained the formula for computing true annual interest rate to the group, thus contributing to her own and others' confidence in a homemaker's ability to use this device.

Discussions on the use of credit were also conducted by the Home Economist with several small groups meeting in homes. Assistance with budgeting and spending problems of individual families was given by the Home Economist during home visits.

Indirect teaching of credit buying information to families who did not participate in the classes on this subject was done through several articles in the Center newsletter and a series of seven simply written flyers on "Buying on Time." The flyers were prepared by the Extension specialist and were distributed weekly under the door of each apartment in the housing project.

Findings of the Study

A major aim of the study in this area of program was to determine the

extent to which homemakers were acquainted with the "Buying on Time" flyers, and the extent to which information contained in the flyers had been utilized.

Five flyers had been distributed at the time of the survey. Sets of these were carried by interviewers. Homemakers were shown the flyers and asked whether they had seen any of them, whether they had looked them over, whether they had read any of them, and whether they had obtained any new or different ideas about "Buying on Time" from this material. Eighty-three percent of the homemakers interviewed said they had seen the flyers; 68 percent said they had looked over some of them; 60 percent said they had read some of them; and 32 percent said they had obtained new or different ideas from them.

However, as indicated in the data of Table 22, there was wide variation between homemakers of different ages, educational levels, and income classes and between homemakers in different size households in the extent to which they had utilized these flyers. For example, 60 percent of the homemakers whose family incomes were $5,000 or more said they had obtained new or different ideas from the flyers, as compared with 12 percent of the homemakers whose family incomes were less than $3,000. Similarly, more than one-half of the homemakers in families of five or more persons had obtained ideas from the flyers, as compared with 11 percent of the homemakers in one and two person households. Only seven percent of the homemakers over 60 years old said they got new ideas from the flyers, as compared with over 40 percent of all younger homemakers.

Table 22: Homemakers' Use of "Buying on Time" Flyers and Their Age, Formal Schooling, Family Income and Family Size (Number of Persons in Household); by Number and Percent.

"Buying on Time" Flyers	Homemakers*									
Age	Total		Under 40 years		40 - 59 years		60 years and older		Male Homemakers	
	No.	%	No.	%	No.	%	No.	%	No.	%
All Homemakers	129	100	53	100	30	100	42	100	4	100
Saw any	107	83	50	94	28	93	26	62	3	75
Read any	78	60	41	77	21	70	14	33	2	50
Obtained new ideas	41	32	24	45	13	43	3	7	1	25
Table 22A										
Highest Grade	Total		Grade 8 or less		Grades 9 - 10		Grades 11 or more		Male Homemakers	
All Homemakers	129	100	43	100	27	100	50	100	4	100
Saw any	107	83	32	74	24	89	48	96	3	75
Read any	78	60	22	51	17	63	37	74	2	50
Obtained new ideas	41	32	6	14	6	22	28	56	1	1
Table 22B										
Family Income	Total		Under $3,000		$3,000- $3,999		$4,000- $4,999		$5,000 and over	
All Homemakers	129	100	64	100	31	100	24	100	10	100
Saw any	107	83	46	72	28	90	24	100	9	90
Read any	78	60	30	47	21	68	19	79	8	80
Obtained new ideas	41	32	8	12	14	45	13	54	6	60
Table 22C										
Family Size, (number of persons in household)	Total		1 - 2 persons		3 - 4 persons		5 - 6 persons		7 or more persons	
All Homemakers	129	100	55	100	25	100	28	100	21	100
Saw any	107	83	36	65	25	100	27	96	19	90
Read any	78	60	21	38	19	76	21	75	17	81
Obtained new ideas	41	32	6	11	8	32	15	54	12	57

*Column totals exceed totals for all homemakers because of duplications.

Inasmuch as younger homemakers and those with larger families and higher incomes are those who use and need credit, the fact that more of them found the flyers a source of new or different ideas on this subject suggests that the information was most effective for those for whom it was intended -- i.e., those who are engaged in actual credit buying experiences. Nearly all of the homemakers in the age group 60 years and older were in the two lowest income groups (Table 9A) and in one or two person households (Table 9C). Their need for or interest in using credit would be slight. At the lowest income levels, commercial credit is seldom available. Certain types of credit are also not available to ADC or welfare recipients, some of whom are also in the lower income brackets.

Efforts to measure particular learnings related to the use of credit met with limited success. Of the four items on which respondents were questioned, replies to only one of these were sufficiently concrete that they could be tabulated. On being asked whether they had learned "what the words in a payment agreement mean," fifty-one (39.5%) of the respondents said they had learned "some" or "much" about this subject. With regard to other specific knowledge they had acquired, the majority of the respondents were not able to reply with sufficient definiteness to provide an index.[1]

HOME MANAGEMENT

The poor housekeeping so often evident in the homes of multi-problem families is often a symptom of more basic problems, rather than of mere lack of interest in housekeeping. Crowded living conditions and limited storage facilities demand even better management ability than is needed in more favorable circumstances. When the homemaker can be assisted to improve her housekeeping

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1. "Cautions about signing papers," "How different payment plans operate" and "How to figure the cost of buying on time" were the other three items included in this portion of the survey.

performance, the improved physical environment within her household can be a stimulus toward better management in other areas of family living.

The program emphasis in Home Management has been to help homemakers with organization of time, energy, and living space and with the improvement of household skills. By teaching the homemaker how to make household tasks easier and by assisting her to improve her family's physical environment through better organization she may be aided in establishing new values for her homemaking role.

What Has Been Done

The subject matter of the program in this area has related to basic housekeeping tasks. The selection and use of household cleaning products and laundry products, simplified techniques in ironing, the care of household equipment, and the construction of inexpensive storage facilities were demonstrated and discussed at meetings conducted by the specialist and Home Economist at the Community Services Center or with small groups meeting in homes. A program entitled "The Homemaker's 100 Hour Week" focused on the scheduling of the homemaker's time and energy. In conjunction with this program the playlet "Late Start and Early Confusion" was used to provoke discussion of family situations. Information relating to these programs was included in exhibits and posters in the Center rooms, in under-the-door flyers, and in television programs which homemakers were encouraged to see.

Much direct teaching in this area was done by the Home Economist during home visits. The specialist also worked directly with homemakers on problems relating to the improved storage of clothing, food, and other household items. In her visits to non-participating homemakers, the Home Economist carried with her printed materials relating to various aspects of home management and housekeeping and encouraged the homemaker to select from among these any which she felt related to her own management needs and interests.

Findings of the Study

Inquiries in this area of the study were directed toward finding out (1) the extent to which homemakers had been reached with selected information, (2) the ways in which they were reached, and (3) the extent to which this information was effective in terms of changed attitudes and practices.

Nearly one-fifth (19.4%) of the homemakers interviewed indicated that their attitudes toward housekeeping tasks had improved as a result of help they had received from the specialist or Home Economist. Most of these people had received this help at meetings, either at the Community Services Center or in homes. Most frequently mentioned as tasks which had been lightened or made more pleasant by improved knowledge or changes in the methods used for this work were ironing and housecleaning. A few homemakers mentioned laundering and meal preparation as other tasks which had been made easier. Women reporting these changes tended to be persons who had completed five or more grades of school and members of middle income families of three or more persons. All but two were under 60 years of age.

Table 23: How Homemakers Had Learned Something that Made Household Tasks Easier.

Source	Homemakers	
	Number	Percent*
All Homemakers	25	100
Meetings in Homes	12	48
Meetings at Center	8	32
Television	4	16
Under-the-door flyer	3	12
Other source	4	16

* Adds to over 100. Some mentioned more than one source.

Thirty-two (24.8%) of the homemakers interviewed, including nearly half of those under 30 years of age, reported that they had seen or heard about how to sharpen knives and scissors. Under-the-door flyers were most frequently

mentioned as the source of this information. Eleven of these women said they had used the sharpening equipment available at the Center, and 19 reported that other women whom they knew had used this equipment.

Table 24: How Homemakers Learned about Sharpening Knives and Scissors.

Source	Homemakers	
	Number	Percent*
Homemakers Reporting	32	100
Under-the-door flyers	14	44
Meetings	7	22
Friends	4	12
Neighbors	3	9
Posters	2	6
Television	1	3
Other source	2	6

*Adds to over 100. Some mentioned more than one source.

From 12 to 14 percent of the homemakers participating in the study said they had improved the appearance or convenience of their living-rooms, bedrooms, and kitchens. Specific improvements mentioned included new storage arrangements and rearrangement of furniture.

Forty-three percent of those interviewed had seen or heard about step-shelves or other storage helps for kitchens and closets. About two-thirds of the women under 30 years of age, one-half of those between the ages of 30 and 59, and one-third of those 60 years and older had received this information. Twenty-six homemakers said they had read about storage aids in the under-the-door flyers. Other sources of this information were an exhibit of storage aids at the Center, meetings, television and posters. However, only six of the persons interviewed had actually constructed these storage facilities for their homes. Four had made step-shelves, two had made pegboards for hanging kitchen utensils, and one had made curtains to cover the open area under the kitchen sink.

Table 25: How Homemakers Learned about Step-shelves and other Storage Aids.

Source	Homemakers	
	Number	Percent*
Homemakers Reporting	56	100
Under-the-door flyers	26	46
Exhibit at Center	15	27
Television	9	16
Meetings	7	12
Posters	2	4
Other ways	9	16

*Adds to over 100. Some mentioned more than one source.

HOME FURNISHINGS

To increase her pride and satisfaction in homemaking is a primary need for the South End homemaker. Limited incomes provide small leeway for luxuries. Yet, with a little knowledge, a few skills, and the necessary guidance and encouragement these homemakers can do much to improve the attractiveness of their home surroundings.

What Has Been Done

During the period covered by the study, an effort was made to involve small numbers of homemakers in programs relating to home furnishings and decoration. Requests for these programs came from the women themselves. Classes were announced by the Extension Home Economist in newsletters, flyers, and home visits. All classes were taught by the Extension specialist.

Three workshop-type programs were conducted as three or four meeting series. Subjects included making slipcovers, refinishing furniture, and art for living. Attendance at these workshops was 18, 10, and 9, respectively. In addition, the specialist presented several one-meeting programs, at which attendance ranged from 12 to 40 persons. Subjects included the selection of home accessories, the use of color, design, and picture in the home, and information about modern home decorating fabrics.

It was the judgment of the Home Economist that programs in this area were extremely effective for those who participated. She states:

> From the programs presented, homemakers began to plan little things that they might change or even to attempt complete redecoration jobs. One aspect of this is noticed in the fact that when homemakers familiar with the program were scheduled to have their apartments painted, they asked for advice on color selection. The usual procedure at the Development is repainting every five years, and the colors are limited to five shades. Homemakers, however, wanted to make the best color choice related to what they had learned.
>
> It is necessary to visit homes here to appreciate the interest in these topics, and to see the pride taken in selection of an accessory, the newly painted child's room, or the cushion made in slipcover class.
>
> The homemakers wish to improve their home management, but they also think of Home Economics programs as a method to learn ways to brighten up a home. They were able to gain so much in their need for approval through the home furnishing programs.

Findings of the Study

The aim of the study in this program area was to determine to what extent South End homemakers had been reached with information related to home furnishing and decorating, and how they had received this information.

Thirty-one (24%) of those interviewed said they had seen or heard something at the Community Services Center that would be helpful to homemakers in selecting pictures, ashtrays, vases, or other things for their homes, and 43 (33%) said they had seen or heard about other things that would help in home furnishing or decorating. In reply to the question, "What did you see or hear about?", 40 homemakers (31%) mentioned one or more topics. These items and their frequency of mention are summarized in Table 26.

Table 26: Home Furnishing and Decorating Information Homemakers had Seen or Heard About.

Subject	Homemakers	
	Number	Percent*
Homemakers Reporting	40	100
Slip Covers	28	70
Making Pillows	14	35
Colors and how to use them	14	35
Selecting Curtain Material	8	20
Art for Living	8	20
Other	12	30

*Adds to over 100. Some mentioned more than one subject.

In reply to the question, "Where or how did you see or hear about these?", under-the-door flyers and meetings were most frequently mentioned. Other sources were home visits, neighbors, friends and the Center newsletter. Fifty percent of the women who had received this information at meetings were under 30 years old. None of the 14 homemakers who had four years or less of formal schooling had been reached with information in this program area.

Table 27: How Homemakers had Received Information on Home Decorating and Furnishing.

Source	Homemakers	
	Number	Percent*
Homemakers Reporting	41	100
Under-the-door flyers	18	44
Meetings	16	39
Neighbors	9	22
Friends	8	41
Home visits	2	10
Newsletter	1	5

*Adds to over 100. Some mentioned more than one source.

CLOTHING

Major problems in this area for South End families are the concern of homemakers to keep their children adequately dressed and the need to keep clothing costs as low as possible.

In the 1962 study it was determined that from one-fourth to one-half of the families whose incomes were $2,500 and over had used installment credit for the purchase of clothing within the past two or three years. Thirty-nine percent of the three or four person families and 20-25 percent of larger families had used installment buying for clothing purchases during this period. Comments of homemakers indicated that such purchases were closely related to their efforts to keep their children satisfied and presentable. At the same time, used clothing -- either purchased or received as gifts -- was also identified as a major source of clothing for these families. Over one-fourth had purchased or worked for used clothing and nearly one-half said they had received used clothing as gifts, i.e., hand-downs. Fifty percent of the homemakers said they had sewing machines available for their use. However, it was the experience of the Home Economist that few of these homemakers had the skill to operate sewing-machines successfully or to make clothing.

In light of these findings, it would appear that learning to use sewing-machines to make some items of children's clothing as well as to make the most use of such used clothing as is available to them would be of real economic benefit to these families. It is also felt that, in addition to tangible economic benefits, the construction of clothing -- like other creative homemaking skills -- provides yet another means to get South End homemakers socially involved with others who share common interests. It is also a potentially valuable route to the winning of family approval, which

is such a great need on the part of these people. Of equal importance, however, is the need these homemakers have for consumer buying and money management information to enable them to get more for their clothing dollars spent in the retail market.

What Has Been Done

As yet, staff, space, and budgetary limitations have precluded the involvement of significant numbers of South End homemakers in clothing construction classes. However, the two classes which were held during the period covered by the study aroused considerable enthusiasm on the part of the homemakers involved, and also served to indicate more fully what the needs are in this area.

The first class involved 10 homemakers who attended a series of 12 meetings taught at the Center by the Home Economist. Major problems which became apparent in this situation were the inadequate space and facilities at the Center -- particularly with respect to child care. The 15 small children who accompanied their mothers to these classes required constant supervision. Also apparent were the very limited sewing skills of these women, including a general lack of know-how as to what to buy in the way of patterns, fabrics, and equipment.

A second class, held at the local Y.W.C.A., was more successful. Twelve women were enrolled in this series which was taught by an Extension agent from a neighboring county. The facilities provided by the Y.W.C.A. included nursery care for the children. Considerable advance planning was done with regard to items to be made. Materials purchased by the Home Economist and sold as needed to the group assured all members of the group of having what they needed to work with and eliminated delays.

A third program, "Know Your Sewing Machine", was arranged by the Home Economist and taught by another member of the Extension Service staff. About a dozen women participated and several sewing machines were restored to usefulness.

Homemakers responded well to classes in sewing once interest was stimulated. Much effort was required to get the class in progress. Important considerations for future classes include:

1. Providing care of children.
2. Sometimes helping the homemaker plan for the money for materials.
3. Help in material and pattern selection -- perhaps providing the materials or making them available for the homemaker to purchase.
4. Publicity for the program and follow-up reminders.
5. Flexibility to work on various stages of construction in order to accommodate various skill levels within the group.
6. Availability of Home Economist or other skilled person to provide guidance, assistance, and/or encouragement to individual members between regularly scheduled classes.

Findings of the Study

This section of the study was limited to finding out what proportion of those interviewed had received help with clothing construction, from what source they had received it, and to what extent homemakers would be interested in certain types of programs in this area.

Fifteen homemakers (12%) said they had received help in making clothing. Five persons had received this help from the Extension classes at the Y.W.C.A., seven had received it at the Community Services Center, and five had received help from neighbors. One mentioned help received from home visits, and two had received help from other sources. More than one source was mentioned by some individuals.

Homemakers were asked whether they would be interested in learning more about how to alter clothing for more comfort and better fit, and whether they

would be interested in learning how to make children's clothing. Fifty-three (41%) said they would be interested in learning how to make alterations, and 48 (37%) were interested in learning to make clothing for children.

FAMILY LIFE AND HUMAN DEVELOPMENT

A comprehensive statement of the exceedingly complex needs in this area is beyond the scope of this report. The task of guiding the development of children and youth to enable them to become socially competent and emotionally stable individuals in today's world is a formidable one under the best of circumstances. In an environment fraught with poverty, disillusion and failure, the problem becomes acute. For many of the families living in the housing development, broken homes and lack of father figures make the task of parenthood even more complex for women whose responsibility it is to raise their children by themselves.

What Has Been Done

The activities of the Extension Specialist in Family Life and Human Development during the two years he participated in the program at South End were aimed at assisting mothers and fathers to become better equipped to deal with the most fundamental of the problems they face as parents in their particular circumstances. Major program emphasis centered around Child Guidance and Development, Sex Education, and Adolescence. Each phase of the program was planned in direct response to expressed need and interest on the part of residents of the Development.

Work in this program area was initiated in Spring 1962. In March and April of that year, the specialist conducted informal discussions with four separate groups of mothers assembled for daytime coffee periods at the community Service Center office by a social worker. These meetings served as orientation for the specialist in becoming acquainted with the concerns and

problems these parents have in regard to the social development and behavior of their children. The Extension bulletins "Guiding Our Children" and "Development in Marriage" were presented and discussed at these sessions.

In October 1962, the specialist met with a group of adolescent girls who reside in the Development to discuss boy-girl relationships. The girls were members of a 4-H Club organized by the Home Economist.

In October of the same year, the specialist also met with a group of parents to discuss sex education for children. Teaching materials used and discussed at this meeting were the Christopher recordings on sex education, the film "Physical Aspects of Puberty", and the New York State Department of Health booklet, "The Gift of Life".

In February 1963, the specialist met with a group of fathers in a late afternoon session to show and discuss the film "Human Reproduction". Earlier on the same afternoon, Mrs. Rheable Edwards, Executive Director of the Massachusetts Society for Social Health, had met with a group of mothers to show and discuss this film. In the evening of the same day, the specialist met with members of the Tenants Association, largely attended by the men and women who had participated in the afternoon sessions, to lead further discussion of parental responsibility for sex instruction and guidance of children.

In March 1963, the specialist met with a group of parents to show and discuss the film "The Innocent Party" -- subject: venereal disease among teenagers. The Public Health Service publication, "Strictly For Teenagers", was also distributed and discussed.

In November 1963, the specialist met with a group of parents to show and discuss the film "How Much Affection" -- subject: premarital pregnancy at the high school age level.

In December 1963, the specialist met with a group of parents to show and discuss the film "Social-Sex Attitudes in Adolescence" -- subject: sex education from early childhood to the threshold of marriage, with emphasis on teenage experiences.

In January 1964, the specialist met with a group of parents to discuss physiological and anatomical development in early adolescence. The film "Physical Aspects of Puberty" was again shown and discussed. The subject selected for discussion at the next meeting was what the parent can do to help children make the most of their learning ability.

Meeting arrangements were made in consultation with professional staff of the Community Services Center, most of whom also attended the meetings. Except as noted, all meetings were evening sessions and were attended by both mothers and fathers. Although there was a nucleus of the same parents attending most of the meetings, each meeting was open to anyone interested and there were always newcomers. Attendance at successive meetings gradually increased. There was no set schedule of meetings, and planning was done largely on a meeting-to-meeting basis. All meetings were informally conducted. Routine use of End-of-Meeting Reaction Sheets was helpful in evaluating individual meetings and in planning subsequent programs. Although more mothers than fathers attended, the attendance of fathers was larger than has been typical of Extension meetings the specialist has conducted elsewhere. The greater participation of fathers at these meetings at South End is attributed in part to the proximity of the meeting place to the residence of potential participants and in part to the enthusiasm, interest and recruiting efforts of a young Negro father who was President of the Tenants Association.

In light of current controversy among adult educators about the appropriateness of traditional written and audio-visual materials for low-income urban audiences, the observations of the specialist on this point are timely.

Although some interesting differences in values were encountered (particularly in the area of sex) it was the experience of the specialist that the materials and procedures he has customarily used with Extension groups were equally useful with these audiences at South End. In general, these parents were very verbal, and there was no need for "watering-down" or "writing-down" or "talking-down" in order to communicate with them and stimulate their thought and discussion. Similarly, although some of the films used were heavily biased in the direction of white middle-class culture and values, South End parents immediately got the messages of these films and were quick to make the necessary adaptations and applications to their own family and community situations. The specialist states:

> Perhaps the family life educator should be careful not to equate poverty with illiteracy and low intelligence. Of greater importance than reading level of written materials, or value orientation reflected by audio-visual aids, may be the quality of the teacher's rapport with his students. Good teaching can take place with such teaching materials as may be available. At South End, once the rapport between teacher and parents had been established, the problem of adjusting teaching materials was not particularly difficult.

Findings of the Study

The objectives of this portion of the study were to determine (1) the extent to which parents had become aware of the program in this area, (2) the kinds of information they had received, and (3) the methods by which they had been reached with this information.

In response to the question, "Have you seen or heard anything about meetings or programs for parents or children?", more than two-thirds (67%) of all individuals interviewed said that they had. In response to inquiries about specific programs they had seen or heard about, 44 percent said they had heard about meetings for parents, 24 percent had heard about the Girls' 4-H Club, 19 percent had heard about a program on Physical Fitness for Children, and 17 percent had heard about a program on Good Grooming and Hairstyling.

Thirty-nine percent of those interviewed had heard about meetings or programs for parents or children through under-the-door flyers. Among homemakers under 40 years of age, more than 47 percent were reached with this information by this means, and among those who had completed 11 or more years of school the proportion was over 50 percent. However, even at lower educational levels, the effectiveness of the flyers was apparent. Among those who had completed four grades or less of school, more than one-fifth mentioned flyers as the source by which they had received this information, and for those who had completed from 5 to 10 grades the proportion was more than one-third.

Other means by which information about meetings and programs for parents and children had been received included friends and neighbors, posters displayed in the Center, the Home Economist, other Center workers, meetings, and children. All who mentioned meetings as the source of this information were under 40 years of age.

Table 28: How Homemakers Learned about Programs for Parents or Children.

Source	Homemakers	
	Number	Percent*
Homemakers Reporting	87	100
Under-the-door flyers	50	57
Posters	10	11
At meetings	4	5
Home visits by:		
Home Economist	9	10
Other Center worker	8	9
Neighbor	9	10
Friend	10	11
From children	4	5
Other ways	3	3

*Adds to over 100. Some mentioned more than one source.

Forty-five percent (35) of the parents who were interviewed reported that they had received information helpful to them in the guidance and

development of their children. Among parents under 40 years of age, meetings were most frequently mentioned as the source of these learnings.

Table 29: How Parents Had Received Information about Child Development and Guidance.

Source	Parents	
	Number	Percent*
Parents Reporting	35	100
Meetings	16	46
Newsletter	8	23
Television	7	20
Family Letter**	6	17
Bulletins and booklets***	8	23
Other ways	7	20

*Adds to over 100. Some mentioned more than one source.
**Prepared by the specialist and distributed to parents by the Extension Home Economist.
***Distributed by the specialist at meetings.

What Homemakers Would Like to Learn, and Where They Would Like to Go to Attend Meetings

Near the end of the interview homemakers were asked "If you could choose anything you would like to learn, what would it be?"; and "If you could go to meetings whenever you please, where would you rather go?"

Eighty-nine (69%) of the homemakers expressed a preference about what they would like to learn. Most of these responses were generally related to some phase of homemaking. Thirty-six of the homemakers responding said they would like to learn something about sewing.

Table 30: What Homemakers Said They Would Like to Learn

Subject	Homemakers	
	Number	Percent
Homemakers Reporting	89	100
Sewing	36	40
Foods, nutrition, and meal planning	18	20
Arts and crafts	13	15
Interior decorating and home furnishing	11	12
Child development	4	4
Management	3	3
Money management, family buying	5	6
Learn to read and write English	4	4
Bible course and missionary work	3	3
Shorthand and typing	3	3
Other (includes learn Spanish, teach school, courses in TV repair and mathematics)	5	6

Eighty-three (64%) of the homemakers said they would prefer to go to meetings at a room in the Community Center. Several mentioned more than one place they would like to go. Thirteen (10%) indicated that they did not like meetings or did not like to leave their homes; however, 23 (15%) said they would go to a meeting at a neighbor's or friend's apartment.

Table 31: Where Homemakers Would Like to Go to Meetings

Place	Homemakers	
	Number*	Percent
Total Responses	149	100
To a Community Center room	83	56
To a friend's or neighbor's home	23	15
To a school	13	9
To the Y.W.C.A.	8	5
To some other place	8	5
Don't like meetings; won't go out	13	9
Don't know; no response	1	1

*Some homemakers gave more than one response.

Apathy --- AWARENESS

A two year pilot project in Extension Home Economics - South End, Boston, Massachusetts, by Eva Dugger, Home Economist

Within recent years, there has been increased discussion of the problem of providing effective education for economically, socially, and culturally deprived families living in public housing. This pilot project in Extension Home Economics has been operating a brief two years. However, the use of this program for helping families develop competent home and family management through a long and established out-of-school educational program such as the Extension Service is relevant to the understanding of the basic issue of social and economic determinants of educational effectiveness.

The housing project is located in an area of transition and is occupied largely by Negro families and white older adult women who experience greater economic deprivation than the surrounding disadvantaged community. The Community Services Center is a program giving direct social service with the additional skills of a home economist. This program has limited itself to reaching out to and servicing 507 families in a federally subsidized housing project. The population is comprised of 1800 people who have an average income of $2,900.00. The average rental payment for one to four bedroom apartments is $55.00 monthly. This figure includes the cost of basic shelter, refrigerator and utilities. The racial and age composition of families by heads of the households is charted as follows:

SOUTH END HOUSING DEVELOPMENT; Racial and Age Composition

Age Range	Negro	White	Total
Under 30	74	13	87
30 -39	65	17	82
40 - 49	66	30	96
50 - 59	29	33	62
60 and over	37	141	178
Total	271	234	505

Vacant Apts. at present: 2

A disproportionate number of families in the Development are on welfare, and many others are burdened with the additional problem of inferior employment or unemployment which intensifies the problem of their lower status position. It is clear that for some of these families the self-help approach to improvement in their living situations will not be effective. Thirty-three percent of the homemakers in this development have completed 8 grades or less in school. The extent to which typical Extension educational procedures can be effective with these homemakers is open to question.

However, the evidence of the two year pilot project in Home Economics and the acceptance given it in the community strongly suggests that fundamental solutions to helping the majority of families, and particularly the younger population, to improve their living standards can be found. Judging from the present interest in adult education, educational improvements for their children and community programs, the families in the housing project have the potential for meaningful contributions to society. We can ill afford to continue the gross outlays of public funds in welfare and medical expense for people to become more dependent.

The aim of the home economics program has been to provide an educational service for homemakers and their families which will help them recognize problems and develop methods which can be effectively used as tools in creating a better home and community environment where families can live and raise their children. The development of this program reflects the collective thinking of the University of Massachusetts Home Economics Extension staff, this Home Economist, the staff of the community social service center agency of the United South End Settlements and the help of the Boston Housing authority project manager. The program developed around an expressed desire to raise the motivation and practical achievement level of homemakers toward a closer approximation of their potential. The components of this program have been:

1) An attempt to encourage group participation in home economics programs by choosing subject matter and interests as projected by a small core group of homemakers.

2) The development of small group meetings with homemakers in their homes. These meetings had good reception because homemakers were more comfortable in their homes and friends and neighbors responded more readily.

3) A systematic method of communication with families through a monthly news-letter; plus meeting notices and practical information through flyers distributed each week under apartment doors.

4) An effective group program involving parents in a concern for nutritional needs, management of credit buying, home management, aesthetic appreciation of home and surroundings, handling of food and clothing dollars, human relations, and human development of themselves and their children.

5) Some programs in recreation and personal grooming to increase the motivation of homemakers, including methods for raising their vocational horizons and broadening their experiences in the community, thus increasing their perspective of the world in which they live.

6) Development of leadership for groups; and training leaders for the presentation of subject matter, thus increasing the leaders' opportunities for service and acceptance.

7) An out-reach by the Home Economist to each family through home visiting to create an awareness of the program and to strengthen the overall effectiveness.

The home economics program gives service to families who have experienced educational and economic deprivation, and who in many instances have been the clients of many agencies and the victims of shady businesses. This has basic implications for the content of the programs. In general, these families also have deficiencies in knowledge and the fundamental skills which the average American family is expected to have. It is important, consequently, that the

program is highly saturated with basic how to do it programs structured in such a way as to be acceptable to the individual. It cannot be over-emphasized that there is a need for regular information to reach all families to help them meet good standards of nutrition, manage family income and provide the kind of home environment conducive to satisfying family life.

At the core of the home economics program has been a recognition that these families are educable and, as a group, they proved capable of a range of significant achievements. It must be understood that the perceived needs of these families are very basic, and one has to recognize and understand this fact to be able to determine by what means and methods one can be helpful.

Interpretation of the program and the creation of awareness is a long slow process in a community where apathy is an integral part of life. One finds that much of two years' work has been spent in the stimulation and motivation of families to awareness of the existence and possible benefit of the program.

It is not enough to say to families in an educationally deprived community that "we are now offering courses in adult education." This does not compensate for past educational deficits, thus it cannot provide them with the tools they need to interpret why the program is useful; how they can use it; or what the long-term benefits of using the information will mean.

These families need effective information that is easily absorbed if they are to be prepared to meet the challenges and the ever-increasing demands of a complex society. Our goal should be to develop a comprehensive, self-help program to reclaim and to free families from a cycle of educational and economic deprivation. It is imperative that programs be designed which are in line with the homemakers' own perceptions of their basic needs, and so planned as to encourage participation and application. The overall program must include two major parts: one component to deal primarily with individuals in cooperation with appropriate social services, and the second to increase the opportunities for group relationships and the development of leadership.

It is imperative that specific programs be developed and implemented to compensate for past deficiencies, and to bring the families up to a standard where they can make the best use of the facilities and monies available to them. These families can improve their lot in spite of their lower class economic and social status and background, provided they are respected and it is communicated to them by those who are working with them that they can improve. Whatever extra attention, perseverence and skill is necessary must be provided.

HOME ECONOMICS PROGRAM - INVOLVING HOMEMAKERS

Age	Participation	Non-Participation
Age to 30		
Negro	21	53
White	3	10
Age 30 to 39		
Negro	21	45
White	3	14
Age 40 to 49		
Negro	24	42
White	7	23
Age 50 to 59		
Negro	2	26 Females 1 Male
White	0	27 Females 3 Males
Age 60 or over		
Negro	0	29 Females 2 Males 4 Couples
White	0	95 Females 20 Males 26 Couples

It is necessary for the Home Economist to discard the notion that she can work with every family or to provide help for even a small percentage of the families in a few years' time in this kind of teaching situation. If two years of work are required to provide a participation level of twenty-five point six per cent of the families with children, then this time must be taken.

Finally, the key to the success of the program, and one which appears to

be an important aspect of the success of other Extension programs for low-income families, is the team-work component. One of the facts inherent in the community is that the bulk of the families have either financial or social problems which reflect the need for a total effort of all agencies which are associated with the community. Without regard to the cause, the deficiencies of communication between these agencies must be overcome as soon as possible. Only on this basis can such a program expect to really meet the needs of the families and prepare them for independence in our society.

Reference: Frank Riessman, The Culturally Deprived Child, New York: The Harper & Row, Publishers

Michael Harrington, The Other America, New York: The Macmillan Company, Publishers

Distributed by Edward K. Knapp, Extension Analyst
University of Massachusetts
United States Department of Agriculture
And County Extension Services in Agriculture and Home Economics Cooperating

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MAR 14 1968
on Adult Education